

Spring 2022

Wellness Works!

A seasonal source for fitness, health and wellness information.

The Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330

919-776-0501

Water Aerobics

Day Class:

Mondays/Wednesdays/Fridays
Wednesday, June 1 – Wednesday,
August 31

10:45 a.m.—11:45 a.m.

OT Sloan Pool

\$60 for the summer or \$20 per
month

Night Class:

Tuesdays/Thursdays

Tuesday, May 31 – Tuesday, August 30
5:45 p.m. – 6:45 p.m.

OT Sloan Pool

\$45 for the summer or \$15 per
month

Open to all adults. NO REFUNDS
Priority given to those 50 and better.

Registration beginning at 10:00 a.m.
Wednesday, June 1st prior to day class &
Tuesday, May 31st at 5:00 p.m. prior to
night class.

*Please come swim ready.
There will be limited access to changing
facilities and restrooms.

- Aerobic workouts in the pool are perfect for those who find certain movements on land—running, striding, kicking, leaping and even dancing—too jarring or painful.
- Water exercise is one of the best non-impact fitness activities around and just about anybody can participate.
- The resistance of water is perfect for a strength-training workout; instead of weights, the water itself provides the resistance.
- One of the greatest benefits of water exercise is its effect on flexibility.
- Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

ACE, American Council on Exercise



The Enrichment Center of Lee County
1615 S. Third St., Sanford, NC 27330. 919-776-0501 www.lee-countync.gov/ec
Fitness Instructors: Cathy Andrew, Jourdan Huskey, Erica Davidson

UNLEASH THE POWER OF AGE!

SENIOR CENTERS ~ *Experts at Living Well*

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6 Spring Health Tips for Seniors

1. Get out in the garden

Gardening is an activity that promotes overall health and quality of life, physical strength, fitness, flexibility, cognitive ability, and socialization.

2. Soak up warm sunshine safely

Spending time outdoors in warm, sunny spring weather improves mood and cognition. Moderate exposure to sunlight for older adults, who are at risk for low vitamin D, strengthens bones and may reduce the risk of colorectal cancer, hip fractures, stroke and heart attack. It also protects against depression and insomnia. Wear sunscreen, a wide brim hat, long sleeves and sunglasses to avoid too much sun exposure.

3. Walk outdoors in nature each day

People who exercised outdoors in natural environments reported feeling revitalized and energetic, and experienced less tension, confusion, anger, and depressed.

4. Lighten up your diet with spring seasonal foods

Many fresh, locally grown vegetables and fruits such as asparagus, cucumbers, mushrooms, radishes, peppers, sweet potatoes, rhubarb and strawberries are in season in the spring. Eating seven to 10 servings of vegetables and fruits each day* may help to reduce the risk of chronic diseases like diabetes, heart disease and cancer.

5. Take care of seasonal allergies

Spring is the worst season for allergies. If pollen is a trigger, keep doors and windows closed to keep it out, and wear wraparound sunglasses when outside. Also, ask your doctor about the most appropriate allergy medications to avoid possible side effects, such as drowsiness and confusion.

6. Drink more water when exercising.

Older adults who drink plenty of water after being physically active outdoors avoid dehydration and reap more cognitive health benefits from exercise. Drinking water when exercising is especially important for seniors since they often have diminished thirst perception.

Senior Games & Silver Arts

Beginning Monday, April 18th

Opening Ceremonies:

Wednesday, April 20th 5:30pm

Silver Arts Follies:

Wednesday April 20 - 6:00 pm

Closing Ceremonies:

Wednesday May 25 at 3:00 pm

– Heritage, Visual and Literary Arts Awards Reception



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Simple Core Workout

Getting in a good core workout doesn't have to be intimidating or overwhelming. You can do these simple exercises almost anywhere and you can adapt them as you increase your fitness level.

Regular core exercises will:

- **Help keep your back strong and flexible, which will help you avoid/ease low back pain and reduce stiffness so you can move, sit, and sleep more comfortably**
- **Enhance your balance and stability, which will help prevent falls and make walking and other activities easier**
- **Help you reclaim the strength and flexibility you need for everyday movements like bending, turning, and lifting**
- **Build up strength and increase the flexibility you need for on-the-job tasks like lifting heavy items, twisting, or standing or sitting at a desk for hours**
- **Add power to activities you enjoy, like tennis, walking, golf, kayaking, gardening — or any other active pursuit**
- **Improve your posture, which can trim your figure, help prevent back injuries, and help tone your waistline**

Start slow and build yourself up!

Try these ideas:



CHAIR STAND



FRONT PLANK ON DESK

BRIDGE



ABDOMINAL CONTRACTIONS



Source: Harvard Medical School
<healthbeat@mail.health.harvard.edu>

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Our Fitness Programs Rock!

Keep fit and stay in shape for physical and mental health!

Try a Class for FREE!

The Fitness Room*

Monday—Friday by appointment only.

Available to participants who have completed orientation. Call (919) 776-0501 ext. 2208 to make an appointment.

\$1 (Free to Silver Sneakers Participants)

Walking Trail – ¼ mile around the perimeter of the property. NO Charge.

Morning Yoga

Monday & Friday 8:30-9:30am \$10 per month

*Participants should bring their own equipment—mats, blocks, straps, & kneeling pads

On The Move

Tuesday & Thursday

10-10:30am

NO charge.

Fit & Toned

Tuesday & Thursday

8:30-9:30am

\$10/ month

Advanced Tai Chi

Monday & Friday

10:30-11:30am

\$10/Month

Evening Yoga

Tuesday & Thursday

5:30-6:30pm

\$10/month

Virtual Yoga

Tuesday & Thursday

11-00am-12pm \$10/month

Rotator Cuff Lifts

Try this exercise to tone and strengthen your shoulders and maintain a healthy range of motion in the rotator cuff.

Stand erect (or sit tall in a chair with your feet flat on the floor). Extend both arms straight out to your sides so they're level with your shoulders, palms facing down. Bend your elbows 90 degrees so your fingers point straight ahead, palms still facing the floor. *Add light hand weights if you like.*

To begin, raise your hands until your palms face forward and your arms create a goal post. Slowly lower your hands back down so your palms face the floor. That's one rep. Work up to 15 to 20 reps total, keeping your upper arms lifted and in line with your shoulders the entire time. It helps to imagine that your elbows are glued to an imaginary tabletop — they never raise or lower much as you rotate from your shoulders.

Form check: Make sure your shoulders are down and back as you rotate. Don't let them creep up toward your ears.



(*Fitness room is open to Lee Co. residents age 50 and better.

All adults are welcome to fill available class spaces)